

# Colton Seventh-day Adventist Church

## Newsletter

March 2013

### CURRENT ACTIVITIES

#### Mark Your Calendars



Come join us for Study & Worship Saturday mornings at 10 a.m. and for the following activities.

Mar 9 (Sab) 2:00 PM Personal Finance Seminar  
 Mar 9 (Sat) 6:30 PM \*\*\*\*Church Business Meeting\*\*\*\*  
 Mar 13 (Wed) 7:00 PM Prayer Meeting  
 Mar 17 (Sun) 8:00 - 11:00 AM Work Bee  
 Ma 17 (Sun) 11:00 AM - 1:00 PM Board Meeting  
 Mar 20 (Wed) 7:00 PM Prayer Meeting

Mar 22 (Fri) 7:00 PM Personal Ministries Training  
 Mar 23 (Sab) 2:00 PM Personal Ministries Training  
 Mar 23 (Sat) 7:00 PM Talent Show (C.O.R.E.)  
 Mar 27 (Wed) 7:00 PM Prayer Meeting  
 Mar 30 (Sab) 11:00 AM Easter Worship in Music

#### Inside this issue:

Let's Do It Together 2

Nature Experience 3

CORE Open House 3

Bible Quiz

#### Personal Finance Seminar

March 9 at 2:00 p.m. Pastor Bell will share his financial knowledge at the Finance Seminar. Are you experiencing your own "fiscal cliff"? The most covered theme of the Bible is not faith, hope, or even love but *money*. God knows we need money to survive and He also knows it can be our biggest temptation. Because of that God gave abundant advice on money and our attitude toward it. He also tells us we are responsible to be good steward of *all* He gives us. Pastor Bell will help us to be the best stewards of the assets and blessings God bestows.



#### Business Meeting



The church's ultimate goal is to bring people to Christ. The Business meeting is where we plan and organize to carry out the work of the church. This meeting is for exploring ideas as a church body and for hearing reports from department heads. If you are a member of this church you are invited to the business meeting next Saturday, March 9 at 6:30 p.m.

#### Talent Show

March 23 will be the talent show sponsored by the CORE. But remember everyone is invited to participate. If you have a desire to show off a talent now is the time. See Netayna or Mary Lou Domingo to sign-up.



#### Children's Ministries- Nature Experience Series



April 13 at 5:30 p.m. will be the next Children's Nature Experience session. In this session we will be studying the moon and stars. "In the beginning God created the heavens..." "And it was so. God made two great lights-the greater light to govern the day and the lesser light to govern the night. He also made the stars," says Genesis 1:1 and 1:15-16 Invite your friend to come and learn about the wonders of God's creation in the night sky.

#### Verse of the Month

But I call to  
 God, and the  
 Lord saves me.  
 Evening,  
 morning and  
 noon I cry out  
 in distress, and  
 he hears my  
 voice.

Psalm 55:16-17

## Let's Do It Together

*On Behalf Of Js Fitness*

### **Make Fitness a Family Affair**

Today childhood obesity is a major concern among parents and the medical community. This generation of kids is less active and more obese than any generation before. Wouldn't it be great if your kids naturally enjoyed exercise? If this were the case then childhood obesity wouldn't be the looming problem that it is.

As adults we exercise to improve health, stay fit, and control weight. But what motivates a child to be physically active? Fun. Ultimately, if children and adults enjoy an activity, they're more likely to stick with it. As you know, an inactive child has a greater chance of becoming an inactive adult if healthy habits aren't instilled early in life. And it's never too early to start.

What better way to get your kids moving than to find a fun exercise activity your whole family can enjoy together? Your family will not only be healthier and trimmer, but will spend quality time connecting and set habits that may last a lifetime.

Just remember that exercising as a family won't look like your typical workout. Here are some fun, creative ways to incorporate exercise into the life of your family.

### **Make Chore Time Fun Time**

Let's face it: chores and kids don't mix. Not willingly at least. Chores and fun don't usually mix, either. How can you combine chores with fitness while making it fun at the same time?

Turn up your family's favorite tunes and sing and dance while cleaning the house. Let the kids take turns choosing the music. All ages can be involved. The youngest can pick up toys or sweep the floors. The older kids can vacuum, dust, and help with laundry.

While you're at it, turn chores into a competition. Who can clean his or her room the fastest? (Without stuffing everything in the closet.)

### **Dance Party**

Want a little more wiggle in your family exercise routine? Invite the kids' friends over for a dance party. Move the furniture out of the way, turn down the lights, and turn up the tunes! Then get moving.

Kids will have a great time with this. If you have a Wii dance game, take turns in dance competition.

### **Family Fitness Nights**

Family fun night is often spent sitting around watching a movie or playing a board game. How can you turn family nights into fitness nights?

Go on a bike ride together. Head to a nearby trail in the woods and go on a hike. Invite another family to join you and organize a soccer game, whiffleball tournament, or relay races. Set up a badminton net in the backyard.

If there's snow on the ground, get out the sleds and head to a nearby hill. What about roller-skating as a family? Now there's a fun family workout! Let each family member take turns choosing which activity to do on family nights, but keep the nights focused on fun fitness. You can also have all family members wear a pedometer and reward the person with the most steps, or choose an exercise of the month. Good choices are squats, lunges, sit-ups,



push-ups, or jump rope. At the beginning of the month, each family member must perform his or her maximum number of repetitions. After a month of training, the person with the highest percentage of improvement gets a small reward.

And keep progress at the forefront with a chart on your refrigerator to track your family's fitness goals.

### **A Way of Life**

When fitness is incorporated into everyday life, it won't become a drag or another thing to fit into your already busy schedule. Set aside just an hour two to three times a week to get moving as a family. Your kids will have fun and learn valuable life lessons.

### **Monkey See, Monkey Do**

If you don't eat right, neither will your children. As much as you'd like to see the kids enthusiastically eating a pile of green veggies, you'll need to be the first one to dig in. The easiest way to model healthy eating habits is to eat most of your meals at home. When you eat out, the kid's menus options are mainly fried and carbohydrate-filled, and most come with a sugary beverage. When you make your own meals at home center the meal around a lean protein, such as chicken or fish, and then add in lots of colorful veggies.

*Contributed by Teresa Padilla*



# ACTIVITIES REPORT

## Children's Ministries Nature Experience

Colton has introduced a new series of adventures geared toward the children of the church and their friends in the community. So far, we have had two "Nature Experiences" field trips on Sabbath afternoon. The first trip was to La Sierra University Museum. Due to a scheduling error by La Sierra, the adventure experience was moved to

a local Riverside park. The kids had a great time playing on the park equipment until closing time (dark). The second trip took us to the Bracken Bird Farm. We had as many adults show up as the kids. We were able to look at macaws, finches, parakeets, and other birds. There was an aviary that brought us up-close to the birds. No one

had a foul experience watching the fowl. We also were able to feed a couple of hungry goats, a roster, and a big turkey. Once that was done, a few members rejoined at the VA Hospital and fed the geese, ducks, and a rare treat: a turtle and egret. Nobody had regrets about the afternoon fun.

*Rob Cruise*



## The Core Open House

"The Core," over the course of this last year, has invested many hours creating a new look for their space in the church. The end result: great! The Church was invited to see the fruits of all the labor on February 9, 2013. The event started with a

vespers to close the Sabbath hours. We sang praise songs and had a reflection by Carlos Lemos. We then moved to the Core room and had some awesome hors d'oeuvres and refreshments. Guests wondered how the Bibles floated on the wall.

They peered at the tree painting in the corner, and read the inscription written in Greek on the wall. We were able to meet the designer of the new Core logo, Timmy Hanna. Fun was had by all.

*Rob Cruise*



Place  
Stamp  
Here

Mailing Address  
880 W. Laurel Street  
Colton, CA 92324

Street Address  
1291 Rancho Avenue  
Colton, CA 92324

Phone: 909-825-9344

**Increasing member  
communication**

We're On the Web!  
[colton.adventistfaith.org](http://colton.adventistfaith.org)

*Church Mission Statement*

*To provide a grace-filled environment where a diversity of worshipers may experience the healing love of Jesus through the ministry of the Word, the community of prayer, the fellowship of God's family, and the opportunity to serve.*

**Contribution Instructions**

This newsletter provides communication and inspiration for our church members. If you would like to contribute, please contact Kristi Cruise at [jrkljccruise@sbcglobal.net](mailto:jrkljccruise@sbcglobal.net), home phone (909) 872-0394 or cell (909) 936-0005.

Submission Dead-line Date by 5 PM	Distribution Date
April 9	April 13
May 7	May 11
June 4	June 8
July 2	July 6
August 6	August 10
September 10	September 14
October 8	October 12
November 5	November 9
December 10	December 14

**Fire!**

What was fire used for in these verses:

- |                  |                   |
|------------------|-------------------|
| 1. Exodus 3:2    | 6. 2 Kings 1:9-12 |
| 2. Exodus 12:21  | 7. Numbers 11:11  |
| 3. 2 Kings 2:11  | 8. Job 1:16       |
| 4. Genesis 19:24 | 9. Numbers 16:35  |
| 5. Exodus 19:18  |                   |



**Answers to Last Month's Trivia**

- |                        |                            |
|------------------------|----------------------------|
| 1. Cain Genesis 4:17   | 6. Abel Genesis 4:2        |
| 2. Jabal Genesis 4:21  | 7. Cain Genesis 4:2        |
| 3. Cain Genesis 4:8    | 8. Tubal-cain Genesis 4:22 |
| 4. Noah Genesis 9:20   | 9. Abram Genesis 13:14     |
| 5. Lamech Genesis 4:19 |                            |